

COVID-19
WHEN KNOWLEDGE BECOMES POWER:
A Common Sense and Alternative Approach to Beating the Bug
By Monica Moyer

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Recently, I was doing some research on the interaction of amino acids and antioxidants for a completely unrelated topic when my sister sent me this link on the coronavirus: <https://www.facebook.com/drbenjaminlynch/videos/229248571582885>. It is a video put out by Dr. Ben Lynch, the “Dirty Gene” Doc, discussing who’s at risk and what to do about it from a non-conventional, alternative-therapy approach. I encourage you all to check it out.

While listening to Dr. Lynch, all the research I had been doing came together and something finally “clicked” in my head. Knowledge is power, and since it helps me to organize my thoughts by writing them down, I’d like to share with you the picture that is now becoming clearer to me.

First of all, this is not a time to panic. However, any disease of global proportions deserves our attention, action, and common sense. Secondly, we need to be aware of those who are at high risk and understand how we can help them, in order to minimize their exposure and get them the care they need if they contract the virus. Thirdly, it must be remembered that coronavirus is not *new*. COVID-19 *is a new strain* of a virus family that has been around for over 20 years. While there is not a lot of research available on COVID-19 specifically, we can have a grasp on what to expect and what to do about it based on its family.

This article is not intended to be conclusive on the matter, nor is it exhaustive. (I *am* already exhausted enough as it is!) As time goes on, hopefully, my understanding will grow. My intent here is merely to provide a starting point, a place from which you may leap into your own research, to learn what you can do to protect yourself and your loved ones. At the end of the article I will provide a list of supplements, herbs and programs that may assist in combating coronavirus. Please read my disclaimer there as well.

The Short Story

In a nut shell, Dr. Lynch is providing documented research on *Community Acquired Pneumonia*, (hereafter referred to as *CAP*), which is basically the *end result* of contracting COVID-19 *in susceptible individuals*. It is *this* state, *not* the virus itself, that is killing people.

And, according to him, research, which has been well documented, proves that giving high amounts of antioxidant therapy to *CAP* patients, *upon admission to a hospital*, saves people’s lives.

The Long Shot

Evidence shows that for most of the population, the virus, known as COVID-19, is no worse than the common flu. But for certain individuals, the virus is *100X worse than the common flu*. This group of people are: the elderly, those who have compromised immune systems, and those who have *multiple chronic disorders*. At the top of this particular list are those specifically

with heart and lung disorders. This includes any who have a tendency towards illnesses settling in the lower respiratory tract.

According to Dr. Lynch, here's why: there is a specific, powerful antioxidant, called glutathione, which is needed by our immune system to function properly. Certain individuals are deficient in it because A) glutathione levels produced in our bodies begin to fall as we age, or B) certain people lack the genes needed for their bodies to produce adequate amounts of glutathione, or C) they have specific genes that interfere with the production of glutathione.

Classified as a tripeptide, *glutathione* is produced in the body from the amino acids *cysteine, glutamic acid, and glycine*. Amino acids are the substances that make up the building blocks of proteins. Proteins are vitally important for the structure, function, and regulation of the body. There are over 22 different amino acids and these join together in chains of different forms and varying lengths, resulting in the makeup of thousands and thousands of different proteins, whose purpose is to build, or rebuild, the body.

To help me understand how this works, I picture the alphabet. Our alphabet is made up of only 26 letters, yet by combining them together in various lengths and groups we can form words. Thousands upon thousands of these words makes up our *vocabulary*. It is our vocabulary, made up of essentially just 26 letters, that enables us to communicate our needs and wishes to other people.

Amino acids are divided into 2 groups. There are up to ten amino acids in the first group, known as *essential amino acids*. This group of amino acids cannot be produced by the body, and must be obtained through our diet. The second group is the *non-essential amino acids*. This is a misnomer, because it gives the impression that they are unimportant, when in fact, these amino acids are *critically* important. The difference between essential and non-essential amino acids is that non-essential amino acids are able to be produced by the body, and we are not dependent on acquiring them in our diet.

This assumes that our bodies are capable of adequately producing them. However, due to our age, genetic makeup, health factors, constitution, and a variety of other reasons, our bodies may not be able to produce sufficient quantities of these non-essential amino acids.

Each amino acid has its own function, and a lack of any one of them can produce deficiency symptoms within our system. Add that together with deficiencies or imbalances of any number of vitamins, minerals, and enzymes, we only compound the problem resulting in a body that is unable to perform at optimum. It is thus riddled with disease and disfunction and begins to succumb to degeneration.

It continually amazes me, considering how complex our bodies are created, that any one of us is able to survive on a day to day basis alone!

Now getting back to amino acids, there is a key association between them and the formation of *antioxidants*, such as in the case with *glutathione*. For various reasons, as noted above, the body may not be able to produce any number, or combinations, of the non-essential amino acids. For the formation of glutathione specifically, the amino acids *glycine, cysteine, and glutamic acid* must be present in adequate numbers. Even if the body *does* produce them, it may not be able to convert them efficiently into the much-needed antioxidant *glutathione*.

Why are antioxidants such as glutathione so necessary? Antioxidants are scavengers that help protect against cell and tissue damage. When a person is exposed to damaging environmental factors (i.e. toxins, pollution, radiation, poor food choices, malnutrition, alcohol, and tobacco), highly reactive, and potentially dangerous, cell by-products are formed. These are called *free radicals*.

Free radicals are atoms, or groups of atoms, that have an odd number of electrons. Molecules normally have paired electrons, and when a molecule has an unpaired electron, it becomes unstable and begins to react with other compounds. These molecules begin to attack other molecules in order to gain the needed electron to form a pair. When a molecule with an even number of electrons gives up an electron to a free radical, it instead becomes a free radical itself.

It may seem that free radicals are bad, though this is not always the case. The immune system forms free radicals to help destroy viruses and bacteria. Oxygen free radicals (a specific type of free radical that is produced by the immune system) are able to wrest electrons away from molecules with paired electrons in a process known as *oxidation*. Large numbers of free radicals cause oxidation that results in an even greater number of free radicals. Unless held in check by the antioxidant system, the body produces more free radicals than it can deal with on its own. When excessive free radicals are formed, damage occurs. This is called *oxidative stress*.

A dangerous number of free radicals, such as would be present in a condition of oxidative stress, can change the way cells code genes, which can result in altered proteins. The immune system then sees the altered proteins as foreign bodies, and tries to destroy them, resulting in an over-active immune system that goes after its own cells. This formation of mutated proteins can also lead to the development of cancer.

As alluded to, antioxidants, also known as *free radical scavengers*, help the body prevent oxidative stress. They neutralize free radicals by binding to their unpaired electrons, thus stabilizing them. Important antioxidants produced by the body include superoxide dismutase, methionine reductase, catalase, and glutathione peroxidase.

Why then is glutathione so important? It plays a *crucial* role in protecting the cells against the oxidation that occurs in the body when in battle with an invading pathogen, such as with a virus like Covid-19.

We must ask ourselves then, if oxidation is so bad, why does the body create this condition? Actually, as Dr. Lynch points out, in terms of illness, oxidation is a *good* thing. It is caused by our immune system as a necessary means to combat infection. But according to the research he lists, some people produce higher levels of *oxidative response* than others. It is in these individuals with *higher oxidative stress* who have poorer outcomes in CAP.

Basically, what is happening is that certain individuals, for the reasons listed above, produce such high levels of oxidative stress that the levels of free radicals are out of balance with the levels of antioxidants. This imbalance is the cause of inflammation and damage within the system. As we've seen, the purpose of antioxidants is to keep tabs on the oxidation process, holding it in balance. Antioxidants tell the immune system when "enough is enough" so that it damages the invaders, but not the body. The systems affected by the oxidative process depend on what has been targeted. Specifically, in CAP, it is the lungs which are affected. They become so damaged by the huge release of oxidative free radicals from the immune system that they fill up with fluid. This results in pneumonia and a high mortality rate.

To picture what is happening, I envision an invading army of 100,000 soldiers (the virus) attacking a given country (our bodies). In response, the country sends out an army of several hundred million soldiers (the immune system's inflammatory process), which retaliates and charges after the 100,000, utterly obliterating them off the face of the map. However, once the enemy is dead, instead of stopping and giving themselves a breather and a pat on the back for a job well done, these guys keep charging forward, whipping and beating to utter destruction the

environment where the battle took place. The oxidative defense system, the *antioxidants* – or free radical scavengers – are not there to tell them that their job is done.

In healthy individuals, the pro-oxidative system (inflammatory process) is counteracted by the antioxidant defense system, but in immuno-compromised individuals, there is not a sufficient number of antioxidants to calm down the inflammatory process once the invaders have been destroyed.

The group of people where COVID-19 is causing the most severe outcome is immuno-compromised individuals. Predominantly, but not exclusively, the elderly, those who are over 65 years old with chronic disorders, *and* those have *multiple chronic conditions*. These individuals show evidence they have little, if any, functioning antioxidant levels.

***Thus, it is vitally important to check antioxidant status
of an individual when someone PRESENTS with the virus.***

I want to diverge here and point out that if you are not a part of this highly susceptible group of people, this does not mean that you are without responsibility. As awful as it sounds, those who have the ability to shrug the virus and recover, with no more than a sneeze and blowing of the nose, are the primary carriers (vectors) of the virus. More often than not, they are the cause of its spread. So please, use common sense, and be prudent and circumspect, if not on behalf of your *own* loved one's sake, then perhaps for the sake of somebody else's.

Conclusion

Perhaps I am going to the extreme in trying to simplify the relationship between your health and the function of antioxidants and amino acids, but it is imperative that you understand the concept.

Only your immune system stands between you and the detrimental effects of COVID-19.

Only a good functioning body with a high level of antioxidants can keep your immune system from overreacting and blasting everything in its path.

Balance is *key*. If glutathione levels are low, or nonexistent, supplemental glutathione can be taken. Alternatively, you can also take the individual amino acids which are the building blocks of glutathione. Again, these are glutamic acid, cysteine, and glycine. However, some individuals may have a problem converting these amino acids into glutathione. Please note also that while these substances may be helpful in building a body resistant to the virus, too much of them can cause adverse effects in the system. Therefore, it is important that you let your doctor or health care provider advise you on how to healthfully take them.

While glutathione levels are extremely important, there are many other antioxidants. See the herb and supplement sections below. Also, despite the fact that antibiotics are ineffective against viral infections, there are some potent herbs that have both antibiotic and antiviral action, as well as ones that assist the body in a number of other vital functions during the battle. So be sure to check out the herbal section.

One thought I'll leave here is about intravenous vitamin C therapy. There are studies showing positive responses in cancer patients when given injections of large doses of vitamin C. I have not personally studied this, but given that Vitamin C is a well-known *powerful* antioxidant, were I to find myself as one of susceptible group of individuals, hospitalized for testing positive for COVID -19, I would be *begging* for intravenous vitamin C therapy.

Important Things to Remember

There are a couple of things to remember when faced with a viral pandemic such as COVID-19.

First, do not live in fear. Throughout human history, epidemics of disease have occurred. True, people have died. But it is also true that people have survived. In fact, none of us knows what lies in our future. Or when our own time to go will be. We don't know what tomorrow brings – we don't even *own* the next breath we breath. Some of us will live to old age and die peacefully in our sleep. Some of us will be cut short in an untimely death, whether by illness or accident. Regardless of when, each of us must face death's reality at some point in our lives. Yet, just like we did a year ago, we can continue to embrace each day as it is: a precious gift. This time of national emergency will someday come to an end, but eternity will go on forever.

For those of us who are in Christ, having received Him as our Lord and Savior, we have the faith that death is not our final destination, and the earnest expectation that regardless what happens to us now, we will one day live again in a state where no sorrow, pain or illness can reach us.

The second thing to remember is that taking antibiotics will do absolutely *nothing* for you in the face of a virus. The only thing the overuse of all the antibiotic sprays, soaps, pills and wipes will achieve for a frantic society is the potential of a mega-infectious antibiotic-resistant super bacterial mutation for us to deal with another year... Long after the coronavirus has run its course.

Hot water and soap are much more effective. Soap changes the surface tension so the virus can't hang on and slips right off.

There is hope. You are not left helpless in the face of certain disaster. Your immune system is here to help you fend off the invasion. Let us ensure it has what it needs to properly defend.

The following lists are not meant to include everything you need for nutrition or prevention of disease. I am only listing my thoughts, based on what I have recently studied and what I have personally found to be helpful.

Note: I am not listing all the uses and medical actions of the following herbs. Only the ones pertaining to our discussion. I am highlighting the herbs of primary importance in all-caps. As you can see, we have many options. If one is not commercially available, choose another, or use a combination of herbs.

Be sure that the herbal products you buy are from reputable sources. For instance, some brands don't put much echinacea in their "echinacea". A few sources I recommend for supplements/herbs/essential oils include:

- Dr. Christopher's: <https://www.drchristophersherbshop.com/>
- Wholistic Botanicals: <http://www.wholisticbotanicals.com/products/>
- Dr. Schulze's: <https://www.herbdoc.com/revolutionary-journey>
- Ancient Nutrition: <https://store.draxe.com/>
- Now: <https://www.nowfoods.com/supplements>

Good sources of bulk herbs include:

- Mountain Rose Herbs: <https://www.mountainroseherbs.com/>
- Herb Shop Connection: <https://herbshopconnection.com/>

Important Herbs

Astragalus (*Astragalus membranaceus*) – Helps to calm and strengthen the immune system. Works well with marshmallow root in inflammatory and autoimmune conditions.

Aloe vera (*Aloe vera*) – This herb is one of the best herbs which stimulates rebuilding from the cellular level. It, too, has antiviral action, reduces inflammation, improves circulation, soothes stomach and bowel issues, aids healing and digestion. Since viruses take up residence and multiply inside the body's cells, the immune system destroys the infected cells in order to protect the body. In the aftermath of the battle, destroyed cells, as well as macrophages and others of the immune defense system who died in battle, clutter up the system. For it to function properly, the body has to clear out the debris and repair or rebuild the cells. Aloe vera is one cell proliferator. Comfrey is another. Red raspberry leaf works very well to clear out the system.

Bayberry (*Myrica cerifera*) – Great for the lungs as it works as a decongestant and astringent. Improves circulation, as well as the immune system.

Bilberry (*Vaccinium myrtillus*) – Powerful, powerful, powerful antioxidant. Can use entire plant, but especially the berries.

Burdock root (*Arctium lappa*) – Powerful blood purifier, antioxidant, and liver restorative.

Boneset (*Eupatorium perfoliatum*) – Excellent for use in fevers and inflammatory conditions. Good for lungs as it is also a decongestant, which helps remove mucus and phlegm.

Cayenne (*Capsicum annum*) – Helps to stimulate circulation and improve function, great for all body systems, but especially the lungs. It is a catalyst for other herbs, helping them work more effectively.

COMFREY (*Symphytum officinale*) – Rebuilds from the cellular level. One of the finest healers of the respiratory system., especially when there is hemorrhage of the lungs.

Elder (*Sambucus nigra*) – Great for flu viruses, excellent for the respiratory tract, fights oxidation and inflammation. For pneumonia, make a tea of the Elder flowers with equal parts Pennyroyal herb. One tsp per cup of boiling water, covered, and steeped until cool. Drink by the pint until sweating profusely.

ECHINACEA (*E. angustifolia*, *E. purpurea*) – One of the best herbs for stimulating the immune system. Another powerful herb against viral infections. It also is also effective for fever conditions such as malaria, typhoid, and influenza, excellent for “cellular glandular conditions”, and destroys the virus for cerebrospinal meningitis, is a great help in clearing chronic catarrhal bronchitis and pulmonary tuberculosis. It counters the effects of poisons, including snake bites. It possesses interferon-like activity in protecting cells against viral induced canker sores, influenza and herpes; and is a potent T-cell stimulator. Prevention dosages are 2-3 dropperfuls 3-6 times a day. At the onset of a virus, begin taking 1 Tbsp every hour. To boost the immune system, take echinacea for 7 days, then rest a few days. This keeps your body from becoming resistant to its action. You can take goldenseal on your off days. Do not stop taking it if an infection is in full swing.

The cheapest way to get it is to make your own tincture. Fill a jar ¼ - ½ full dried echinacea root. Then fill the jar to ½ inch of the top with vodka. Use only a non-metallic lid. Keep out of direct sun, and shake as often each day as you can for 2 weeks. Then strain out the herb, bottle, and label.

GARLIC (*Allium sativa*) – Broad-spectrum antibiotic, antiviral, immune builder, detoxifier, antifungal, effective in colds and flus, enhances circulation. A POTENT killer. It must be used fresh. Cooking it destroys the allicin and renders it ineffective, thus most garlic powders and capsules are ineffective as well. Peel, crush, and allow to rest 15 minutes before consuming to gain the full benefit of its properties. Can sprinkle crushed garlic on top food at the table. Or mix with raw honey to make a syrup, but do not heat it. Four average sized cloves of garlic are equal in the antibiotic properties one adult dose of penicillin. But garlic can handle far more microbial mutations than any single pharmaceutical drug. Sulphur is needed to produce glutathione. Alliums, such as garlic and onions, are extremely high in Sulphur.

Dr. Christopher's Super Garlic Immune – A very potent formula. The original name for it was “*Antiplague*”. It is by far one of the most complex formulas he created, and its purpose was for exactly such a time as this. It is available for purchase through Wholistic Botanicals. In the event it is unavailable, I will share how it is made. The recipe, which I have greatly attempted to simplify, is taken from “*The School of Natural Healing*” textbook and is included at the end of this article.

Gentian (*Gentiana lutea*) – Antimalarial agent, aids circulation.

Ginger (*Zingiber officinale*) – Strong antioxidant, anti-inflammatory, and excellent liver herb. Very healing to the bowels.

GOLDENSEAL (*Hydrastis canadensis*) – Potent infection fighter. Can stop a cold or flu if taken right from the onset of symptoms. Can be alternated with echinacea. Do not take for extended periods of time.

Hyssop (*Hyssopus officinalis*) – Excellent for relieving congestion and expelling mucus from the respiratory tract.

Licorice (*Glycyrrhiza glabra*) – Stimulates the production of interferon, fights inflammation, viral and bacterial infections, and helps liquify the mucus in the lungs.

MILK THISTLE (*Silybum marianum*) – The liver is the organ that protects the rest of the body from toxins. The herb that perhaps best supports and protects the liver is milk thistle. There is even some evidence that milk thistle may help stimulate the production of glutathione.

MULLEIN (*Verbascum thapsus*) – King of the glandular herbs. Helps clear congestion and improve breathing. Very good for any disease affecting the lungs. Make a strong decoction of the leaves and flowers. Can combine with comfrey root and garlic juice.

MYRRH (*Commiphora myrrha*) – As an astringent, it helps tone and tighten tissues. Disinfects, expectorates (clears mucus). Effective for asthma and bronchial complaints. Imperative for diseases effecting the lungs and chest.

OLIVE LEAF (*Olea europaea*) – King of the antiviral herbs with a high amount of antioxidant action. Available commercially as *olive leaf extract*. It is often standardized, or altered to have a higher percentage of oleuropein, the antiviral property of olive leaf. This does not necessarily make it a superior product. Anytime an herb is standardized, the balance of its constituents is altered, and while it may have *more* oleuropein, it may also have *less* of a substance that makes the oleuropein effective. For example, my understanding is that heat can help concentrate the oleuropein, but it destroys the antioxidants. I have made my own extract, where I concentrated the olive leaf in water, simmering gently down to ¼ its original volume. I added vegetable

glycerin as a preservative, and then mixed this concentrate with an equal amount of olive leaf extract I had preserved cold in vodka. This I felt gave me the benefit of more oleuropein without sacrificing all the antioxidants. The whole leaf powder is rather inexpensive, and it is effective, even without concentrating it, but it is very bitter. Unfortunately, the antiviral action is in its bitterness. For dosage requirements, see section on echinacea.

OREGANO (*Origanum vulgare*) – This herb is tops in antioxidant, antiviral, and anti-inflammatory properties. Studies show that oregano oil is very powerful against respiratory viruses. When looking for Oregano oil, look for the pure unadulterated essential oil, often called *oreganol*. It is expensive, but well worth it. Never take it straight. Always dilute in a bit of water. Start with one drop and work up from there.

Parsley (*Petroselinum crispum*) – Helpful for lung conditions and fluid retention.

PAU ‘d ARCO (*Tabebuia heptaphylla*) – Very important for bacterial and viral infections. Good blood cleanser.

PERUVIAN BARK (*Cinchona sp.*) – Excellent for febrile conditions: malaria, measles, scarlet fever, pneumonia, typhoid, any lung complaints, asthma, severe catarrh, dropsy. This is the bark from which quinine is extracted. 1 tsp to a cup of boiling water steeped ½ hr.

Pleurisy root (*Asclepias tuberosa*) – For pneumonia. Give as a hot infusion every 30 minutes while the person is in bed, until sweating profusely.

Red Clover (*Trifolium pretense*) – Potent blood purifier, and helpful for inflamed lungs.

Red Raspberry (*Rubus idaeus*) – Very effective in removing infection and mucus from the body.

Thyme (*Thymus vulgaris*) – Very helpful in lung and respiratory disorders. Put several drops of the essential oil in a pot of water that had just boiled. Make a tent above this with a blanket or towel. Rest your head inside the tent and breath in the vapors.

WHITE POPLAR (*Populus tremuloides*) – One of the best tonics and very well tolerated for persons weak from disease. This is an excellent substitute if Peruvian bark is unavailable.

Wild Cherry (*Prunus serotina*) – Excellent expectorant and great for coughs.

Important Supplementation

Vitamin A and D – For a healthy immune system, is vitally important that you have adequate levels of both vitamin A and vitamin D₃. If you can’t get enough sun exposure (which I highly recommend to attempt) or you can’t convert it to a usable form, cod liver oil is the next best source. Make sure the source you use has been tested and is free of mercury.

As a side note, some people are not able to bring their vitamin D₃ up to proper levels unless their consumption starts at 4,000 IU daily. I recently underwent therapy where I had to take 50,000-60,000 IU per week to correct critically low levels. Please note that this is considered to be well beyond the safe zone allowable by the FDA; however research indicates that toxic amounts are more often from concentrated *synthetic* vitamin D and rarely from natural sources such as fish oil. Dr. Sherry Rogers suggests that some people so low, they must have upwards of 10,000 IU daily to bring their vitamin D levels up enough to promote health and fight disease. See the resource list for more information.

Fish oil also has the added benefit of high levels of vitamin A. Research indicates that brief periods of extremely high levels of vitamin A intake drastically reduces the morbidity (death rate) of infectious disease. However, please discuss it with your medical doctor before taking large doses of *anything*. Beta-carotene may be a safer option, however, note some may have a problem converting it to vitamin A.

Antioxidant food sources – Alpha lipoic acid, mixed carotenoids (Vitamin A) taken with Vitamin C and E, Bilberry (a relative of blueberries), all berries (particularly blueberries), goji berries, grapes, grape seed extract (GSE), lemons, burdock root, curcumin (from turmeric – must be cooked, and eaten with black pepper), Coenzyme Q10, garlic, grapefruit seed extract (GFSE), green tea, dark chocolate, dark green veggies, as well as those with lots of color (such as beets, carrots, red bell peppers), cooked tomato juice.

Here are some sources with more extensive lists of foods high in antioxidants:

<https://www.superfoodly.com/foods-high-in-antioxidants/>

<https://www.besthealthmag.ca/best-eats/nutrition/40-foods-high-in-antioxidants/>

<https://draxe.com/nutrition/top-10-high-antioxidant-foods/>

B vitamins – The B vitamins are crucial in the development and function of enzymes, as well as the conversion of amino acids into proteins and other functions. The B vitamins must all be taken together, as they enhance each other. If only one is supplemented to address a deficiency, it causes a deficiency of others to result. Make sure you get *all* of them: this includes the lesser known inositol and choline.

A good source of inositol and choline is lecithin. Egg yolks have lecithin, but you will need a much larger dose than they can provide. Sunflower lecithin has approximately 2500 mg phosphatidyl choline, and 1800 mg phosphatidyl inositol per dose at 1 1/3 Tbsp. You may need more than one dose per day to get you through the viral onslaught. Make sure it is non-GMO sourced.

Make sure the folic acid is in the form of methyl folate. B₆ is particularly important in assimilating amino acids into proteins, and calcium and vitamin D into bone. Make sure at least some of the B₆ is in the Pyridoxal-5-Phosphate (P-5-P) form. Co-enzyme forms of the B vitamins are more readily assimilated.

A prior deficiency in the B vitamin complex can exasperate the entire system when facing a virus. Especially if the person has been undergoing a considerable amount of stress. It is important to attempt to bring levels up to optimum. Each individual has his own requirements, according to his own circumstances, but what I have found appears to be a good starting base is for a B vitamin ratio is: 50 mg each of thiamine (B₁), riboflavin (B₂), and pyridoxine (B₆), 100-125 mg niacinamide (B₃), 1000-3000 mcg folate, 1-25 mcg vitamin B₁₂, 30 mcg biotin (B₇), 500 mg pantothenic acid (B₅), 100-500 mg PABA, 3000-5000 mg choline, 1500-2500 mg inositol. Additional amounts of any one of them, particularly B₆, may be needed; and in critical deficiencies the above ratios may need to be taken at EACH meal.

Calcium and Magnesium – Super important for the function of the heart, for muscle contractions, for the transmission of nerve impulses, activation of enzymes, and for the protection of bones and teeth. Dairy is not considered an effective source. However, raw greens are very high in calcium. For supplementation, calcium orotate and calcium citrate malate are

considered some of the best, while carbonate is inferior. To utilize calcium, silica is needed. A good source of this is the herb *horsetail* (also known as shave grass). Horsetail must be simmered 10 minutes and taken as a tea. If using horsetail, be sure to supplement with vitamin B₁ (thiamine). Personally, I have experienced tremendous improvement supplementing once daily 5000-7000 IU vitamin D, with once or twice daily B₆ (Now brand P-5-P, 50 mg, containing a small amount of magnesium) and ¼ tsp calcium orotate powder (approx. 800 mg) in ½ cup of horsetail tea. However, when I did the same supplementation *without* the horsetail, my deficiency symptoms returned.

Note also that magnesium, available in many foods, works synergistically with calcium, and usually both need to be supplemented together. I say *usually* because, while it is extremely important, some people are sensitive to magnesium supplementation, myself being one.

Magnesium is a catalyst in enzyme activity and is important in energy production, responsible for the proper balance of pH, nerve and muscle impulses and the absorption of calcium, among other functions. Superior sources are considered to be glycinate and citrate forms. Ratios are generally 1:1, or 2:1, calcium to magnesium, depending on your needs. I recommend a hair analysis to determine your specific deficiencies. Just note that horsetail may be required to make the program effective.

Vitamin C – Ascorbic acid is a well-known antioxidant, required for many, many metabolic functions in the body, it attacks free radicals in biologic fluids, works synergistically with vitamins A and E, so these should be taken together for best effect. Should be taken with bioflavonoids, to increase absorption. If you cannot find a good commercial Vitamin C with bioflavonoids, note that the bioflavonoids are found in the white part of the orange or lemon rind, so scrape and eat with your vitamin C, along with the rest of the orange as well.

To build immune system and receive full benefit, vitamin C should be taken to bowel tolerance. High dosage levels can cause diarrhea, called an ascorbic acid flush. The amount each person can take is unique to that person, so gradually increase dosage from 4000 mg up, until it begins to cause you to flush. Then back off just a bit from there. That is your bowel tolerance. For an average adult it can begin any where after 6000 - 9000mg. If you can tolerate more, then do, up to 20,000 mg daily. Very, very important to take as much as you possibly can.

Coenzyme Q10 – Another powerful antioxidant, with action similar to vitamin E. It helps counter histamines and is beneficial for people with lung disorders such as allergies and other respiratory diseases such as asthma. These facts alert me to the possibility that CoQ10 may be crucial for fighting COVID-19. It is apparently very perishable and should have a natural color of dark bright yellow to orange, so use caution when purchasing the product. It also should be taken with oily foods, such as fish.

Vitamin E – Scavenges for free radicals in cell membrane (recall that viruses reside *within* our cells.) Very important for the prevention of oxidation and the formation of body cells and the assimilation of other vitamins. Wheat germ oil is an excellent whole food source of natural vitamin E, as well as whole wheat germ (this is the part of the kernel that is removed when wheat is processed into flour).

Electrolytes and hydration – These are essential to maintain on a daily basis and even more crucial to give attention to when in illness; particularly in cases of fever. Electrolytes are like the electrical charge that keeps your body running.

Enzyme and Probiotic therapy – May be necessary to restore proper metabolism, digestion, as well as the ability to assimilate important vitamins and minerals.

Essential Fatty Acids – Best sources: fish oils, primrose oil, flax and chia seeds, safflower and sunflower oils, hemp seed oil, perilla oil, coconut oil, fatty fish, walnuts and other nuts, avocados, olive oil butter, and ghee. Be sure these nuts and oils are not rancid. Rancidity happens when oxidation occurs in these oils which, as we have seen above, creates an inflammatory response in the body. It is very important to make sure these are a part of the diet. Fat-free diets are dangerous. It is important to note that many vitamins and minerals are fat-soluble and cannot be used by the body unless they are taken with a fat source.

Fats to avoid: all rancid fats and oils; trans-fats are especially harmful to the body. Avoid all hydrogenated oils, canola oil, oils made from GMO plants, margarine, shortening, fried foods, etc.

Glutathione – See the main body of the article. Phyllis A. Balch says to take glutathione with the amino acids L-carnitine and L-cysteine, as directed on their label. But she adds that these should be taken on an empty stomach with water or juice (not milk), along with 50 mg B₆ and 100 mg vitamin C to aid absorption.

Iodine – Much needed for the function of the thyroid. The thyroid gland controls the metabolism through the release of hormones. These hormones regulate the function of the body. Adele Davis states that we need 4 mg iodine each day. 1 tsp of kelp provides 4 mg.

Liquid Chlorophyll – Very important to cleanse and oxygenate the blood, to purify and speed healing.

Zinc and Copper – Zinc has high antioxidant activity. It works against the formation of free radicals and is a component of the antioxidant enzyme *superoxide dismutase*. Very important for the health of the immune system; deficiencies can tie up many enzymes and indicate low hydrochloric acid, which disturbs digestion and the assimilation of nutrients. Low zinc levels can cause an imbalance of copper. While copper in small doses is necessary (superoxide dismutase is dependent upon copper), too much can cause zinc and vitamin C levels to drop. Elevated levels of copper have also been associated with aggression, depression, attention deficit disorders and other neurological concerns.

Other Important Programs to Facilitate Healing

Allow the body to rest – Rest is crucial for someone struggling with fevers and pneumonia.

Clean up the environment – Clean the bowels with a gentle purge. I recommend Dr. Christopher's Lower Bowel formula, prune juice, and as a last resort, Epsom salts. Support the liver with milk thistle, dandelion, barberry, Oregon grape root. Purify the blood with red clover, burdock, blessed thistle, gentian, plantain (*Plantago* species). Kill the virus with Oreganol, goldenseal, olive leaf, garlic. Support the heart with hawthorn. Increase the circulation with cayenne, peppermint, wintergreen (the latter external only). Feed the immune system with echinacea, lemon juice, high doses vitamin C, grape seed extract, grapefruit seed extract. Protect the lungs with horehound, boneset, bugle weed, coltsfoot, comfrey, flaxseed (pour boiling water over the seeds and soak 24 hours, add some rehydrated raisins and puree until smooth, drink), hyssop, licorice, lungwort, marshmallow, mullein and lobelia (3:1), Peruvian bark, nettles tea. Remove phlegm with red raspberry, wild cherry, thyme, pleurisy root, slippery elm. Remove

excess fluids with dandelion, goldenseal, hawthorne, gravel root, hydrangea, hyssop, ginger, juniper berry, licorice, mullein, parsley, peruvian bark, oregano, parsley, plantain, stinging nettle. Soothe and nourish the system with marshmallow, slippery elm, aloe vera, comfrey, mullein.

Fasting and fresh juices – When fighting the flu, the body’s digestive system shuts down and the cleansing system revs up. By eating foods, you disorient this process and confuse the body. Avoid all rich heavy foods, meats, sugar, processed and junk food which only create more mucus. It is best to fast on distilled water, teas, and fresh juices.

Lemon juice in water (unsweetened) is very good in fevers.

Fevers and Diaphoretic therapy – Fevers are a sign that the body is in fact doing its job and the immune system is working. We need to assist it, rather than shutting it down. It is very important to prevent dehydration. Dry heat kills. Moist heat brings life. We keep the fever wet through diaphoresis (sweating therapy). Be sure to stay well hydrated by drinking lots of distilled water and fresh juices. At the onset we may do a quick colon cleansing purge using senna, turkey rhubarb root, or a pint of prune juice. Drink lots of hot diaphoretic teas like red raspberry leaf, yarrow, or elder flowers. Take a hot bath to induce sweating: fill the tub with water, as hot as you can stand. Add one ounce each of ginger, mustard and cayenne to the water, and cover genitals with Vaseline before stepping in. Drink at least one or two QUARTS of yarrow tea while sitting in the tub. Go to https://www.herballegacy.com/Cold_Sheet.html to see the entire program.

Onion poultice to the chest – An onion poultice to the chest is very beneficial for drawing moisture out of the lungs. Chop the onion. Place in a glass baking dish, greased with olive oil and heat in oven for 20 minutes at 250 degrees F. Spread over bare chest as hot as can be tolerated. Cover with plastic wrap and a towel. Place a heating pad over this and stay resting in bed.

The elimination channels – The bowels, bladder, lungs, and skin pores are the only transportation routes the body has to get rid of its load of junk (i.e. toxic wastes, cellular excrement, blood impurities, dead macrophages, pathogens, etc.) If the colon has any blockage at all, wastes start backing up, which promotes more disease, and worse conditions. Plus, the body may now choose a lesser desirable route of exiting the body, such as the lungs or skin. On the other hand, a backed-up colon would cause a lung disease, such as pneumonia, to be MUCH worse.

In the face of a viral or bacterial infection it is imperative to quickly cleanse the bowels. Many pathogens take up residence in the colon and begin colonizing from there. Prune juice provides a quick purge, activated charcoal may help kill microbial colonies.

For a more thorough effective and systemic approach, see Dr. Christopher’s Extended Herbal Cleanse: https://www.herballegacy.com/Herbal_Cleanse.html

For a much quicker solution in the face of a crisis, the Three-Day Juice Cleanse is very effective (I have used it successfully to thwart the stomach bug in the past): https://www.herballegacy.com/Three_Day_Cleanse.html

Liver and Gall Bladder – Be sure to cleanse and nourish these organs as their job is to protect the body. They bear the brunt as all poisons and wastes must be filtered through them from the blood before exiting the body. Dandelion, Burdock root, Barberry and Milk thistle are all excellent liver herbs.

Dr. Christopher's Super Garlic Immune Formula Recipe

STEP 1

- 32 oz. apple cider vinegar, (raw, with the "Mother")
- 8 oz fresh garlic juice (obtained from approx. 3 lbs fresh garlic bulbs. If you don't have a juicer, just blend up the garlic in a blender with 1½ - 2x the vinegar)
- Let stand out of the direct sun for 4 days. Filter and squeeze out through a cotton or muslin cloth.

STEP 2

- Using only steam distilled water, cover individually (in separate pots) with 2 cups of water, each of the following herbs:
 - 8 oz Comfrey root (*Symphytum officinale*)
 - 4 oz Wormwood herb (*Artemisia absintium*)
 - 4 oz Lobelia herb or seed (*Lobelia inflata*)
 - 4 oz Marshmallow root (*Althaea officinalis*)
 - 4 oz White Oak bark (*Quercus alba*)
 - 4 oz Black Walnut bark or husk (*Juglans nigra*)
 - 4 oz Mullein leaf (*Verbascum Thapsus*) – be sure to use the powdered form of this herb
 - 4 oz Scullcap leaf (*Scutellaria lateriflora*)
 - 4 oz Uva-ursi leaf (*Arctostaphylos uva-ursi*) – this herb can be substituted by either Hydragea (*H. arborescens*) or Gravel root (*Eupatorium purpureum*)
- Use more water if necessary to cover the herbs.
- A total of 9 herbs will each soak in their individual pots for 4 hrs. Next, simmer for 30 mins.
- Cool, then strain through a cotton or muslin cloth.
- Place liquid back in pots and simmer gently over low heat until the liquid has reduced to ¼ its volume (i.e. 2 cups is now ½ cup).
- At this point you can mix all the decoctions together. Hint: I make my decoctions separately; however, I reduce them together in a crock pot on low (it takes hours). While I know it makes for a less superior product, it sure is easier this way.

STEP 3

- 20 oz unfiltered raw honey
- 20 oz vegetable glycerin
- Warm gently until liquified, but do not cook. Add the garlic vinegar. Add the herbal decoctions. Mix thoroughly. Decant into dark amber glass bottles with non-metallic lids (use no metal whatsoever in storage. Label and date. To store long term, keep refrigerated).

DOSE

- Adults: for prevention 1 tsp 3x daily; if infected 1 Tbsp every hour.
- Children: as a tonic, 1 tsp a day; if infected 1 tsp every hour.

Disclaimer, References and Additional Links

This article by no means is meant to include everything you should know about facing COVID-19, or any other health crisis. If I were to attempt to make it exhaustive, this article would turn into a book that would likely never get finished and end up being of no use to anyone whatsoever.

The purpose of this article is not to try to prove or disprove anything, but rather to provide a format where I can consolidate, and easily retrieve, what I consider to be the most pertinent information gleaned from the vast research I have been conducting lately. Rather than keeping it all to myself, I would like to make it available to anyone who, like me, should find value in the information contained herein.

As mentioned at the beginning of the article, it is meant only to provide a starting point from which you are to do your own research.

Don't take my word for anything; check out everything I say, as I don't consider myself to be a final authority on the subject. Perhaps my own research may one day be proven wrong, and replaced with new research. I am not a doctor, nor am I any other type of medical professional. Therefore, I am not treating, diagnosing, or prescribing *anything* to *anyone*. Please, please, be sure to discuss with your doctor any nutritional changes or supplementation you intend to do. This is particularly important if you are pregnant or nursing. Remember that what may be good for one individual may not be good for another; and too much of a good thing may turn out to be bad.

I urge you again to watch the video I linked at the beginning of the article. Check out for yourself the resources that Dr. Lynch provides.

Additional Important Link

I link the following websites as a rich source of information. This does not necessarily mean I endorse everything they say or promote.

Very important interview – if you were to look at only one resource I list, this audio interviewing Dr. Sherry Rogers needs to be it:

<http://mediaarchives.gsradio.net/powerhour/hr2031320.mp3>

<https://prestigepublishing.com/pages/about-us>

<https://herballegacy.com/Doomsday%20for%20Coronavirus.pdf>

<https://herballegacy.com/Chicken%20Little%20and%20the%20Corona%20Virus.pdf>

https://www.mercola.com/coronavirus.htm?cid_source=banner&cid_medium=int&cid=coronavirus_20200311&cid_content=contenttop

MTHFR.Net;

<https://www.healthline.com/health/oregano-oil-for-cold#research>

<http://makersdiet.com/about.php>

<https://www.mercola.com/>

<https://annlouise.com/2020/03/05/why-im-not-afraid-of-coronavirus-and-you-shouldnt-be-either/>

<https://annlouise.com/resources/webinars/>

<https://grapegate.com/miscellaneous-writings/the-illusion-called-diseases-vol-i/>

<https://www.youtube.com/watch?v=ScxGrOB1z80>

I'd also like to express my gratefulness to Dr. Lynch for making his important findings so readily available.

My own resources include, but are not limited to (given in no particular order):

- Jethro Kloss, “*Back to Eden*”, <http://draxe.com>
- NIH: U.S. National Library of Medicine
- Adelle Davis: “*Let’s Eat Right to Keep Fit*”
- Adelle Davis: “*Let’s Have Healthy Children*”
- Adelle Davis: “*Let’s Get Well*”
- Dr. John R. Christopher: “*The School of Natural Healing*”
- Dr. John R. Christopher: “*Herb Syllabus*”
- John Lust: “*The Herb Book*”
- Humbert Santillo: “*Natural Healing with Herbs*”
- Phyllis A. Balch: “*Prescription for Nutritional Healing (fifth edition)*”
- Sandra Ellis: “*Dr. Mom’s Healthy Living*”
- <https://www.alive.com/health/healthy-horsetail/>
- <https://www.mercola.com>
- A number of other materials studied in my course on herbal nutrition

Grace and peace to you.

[Monica Moyer is one thesis away from receiving her certification as Master Herbalist. Her passions for research include Christian apologetics, herbs, health and nutrition, and religion. Her favorite topic is Jesus, and she loves to spend time out in nature. Currently, she resides in New Jersey with her beloved husband and best friend.]